

Kenko Shimbun

A Publication of U.S. Naval Hospital Yokosuka
A member of the WESTPAC Medical Alliance

October-December 2009



Commander's Welcome

It is my pleasure to present the first issue of "Kenko Shimbun," the hospital's quarterly newsletter, for 2010.

We are starting off this issue with the draft overview of our strategic plan. This plan is designed to guide us in the New Year in providing top-notch patient and family centered health care. All members of our staff play an important role in making this plan a success. We will need everyone to work toward these goals.

Also in this issue is hospital news from the last quarter, a recap of all of our great holiday celebrations and events and interviews with our Japanese interns.

As we start a New Year, I look forward to working with each of you to reach new heights at U.S. Naval Hospital Yokosuka. Thank you for what you have done, what you do and what you will do. It is my honor to serve as your commanding officer.

Capt. Kevin Moore, MC, USN
Commanding Officer

The Way Ahead for 2010

By Jennifer Savage, Public Affairs Officer

U.S. Naval Hospital (USNH) Yokosuka remains committed to providing quality health care services and operational and contingency support to its beneficiaries and stakeholders. To ensure the delivery of high-quality patient and family centered health care, USNH Yokosuka leadership has established three strategic goals for staff input and review. After staff feedback is received, the final plan will be published.

Goal 1: Ensure access to care by meeting TRICARE requirements.

This means providing health care access and availability to the right patient, by the right provider, at the right time and at the right place.

Goal 2: Improve quality of care.

In 2010, the hospital will continue in its unwavering patient safety efforts by ensuring that the services it provides are delivered within USNH Yokosuka's scope of care and that the beneficiaries who require services have access to a medical management program that allows for continuity of care, no matter the type of care needed or where it is received.

Goal 3: Determine staffing requirements.

The hospital's third goal for 2010 addresses those who are at the heart of health care – people. USNH Yokosuka is committed to improving the efficiency and effectiveness of its staff and will spend 2010 making sure its staff have the right skills and tools to deliver care, treatment and services to its beneficiaries.

USNH Yokosuka has developed this strategic plan as a path between its past and future. Over the next year, it will carefully, consistently and diligently implement this plan, action by action. Expect to hear more details in the upcoming weeks on what you can do to help achieve these goals.

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EXTRA EXTRA READ ALL ABOUT IT ! HOSPITAL NEWS



A Perfect Time to Quit

By Richard McManus, Public Affairs



Participants kickoff the Commander Fleet Activities Yokosuka's Great American Smokeout 5K/10K run, co-sponsored by the hospital. Photo by Hospitalman 2nd Class Gilbert Umayam.

In November, USNH Yokosuka celebrated the 2009 Great American Smokeout by co-sponsoring the Commander Fleet Activities Yokosuka Great American Smokeout 5K/10K run. Hospital members ran in the race, but also were on site to spread the word about the hospital's tobacco cessation support.

"Getting the word out about our tobacco cessation classes is important. Quitting tobacco is the best thing that anyone can do to improve their health and we're here to help," said Chief Paul Langrehr, the senior enlisted leader for the hospital's public health services directorate.

The classes are open to all hospital beneficiaries interested in becoming tobacco free. Participants will learn different methods to help quit tobacco use and receive support in changing behaviors to be more successful in freeing themselves of tobacco.

The hospital also marked this year's Great American Smokeout, and six months of being a tobacco-free facility, by unveiling a tobacco-free banner on the quarterdeck. The banner highlights the hospital's tobacco-free status, and will be rotated to different spaces throughout the core facility on a monthly basis.

USNH Yokosuka, and its branch clinics across mainland Japan, South Korea and Diego Garcia, has officially been tobacco-free since May 2009. At that time, all designated smoking areas were removed from hospital and clinic grounds.

"Becoming tobacco free really reinforced that we are committed to ensuring readiness and promoting the health and wellbeing of those entrusted to us," said Capt. Kevin Moore, commanding officer for USNH Yokosuka.

"We are proud to be setting a healthy example not only for our patients, but for the Navy," said Moore.

USNH Yokosuka has joined a growing number of civilian and military health care facilities that are tobacco free. Naval Medical Center Portsmouth, U. S. Naval Hospital Rota and U. S. Naval Hospital Jacksonville are all tobacco free, and Yokosuka is the first facility in the WESTPAC Medical Alliance to become tobacco free.

For those who have ever considered quitting tobacco, now is a great time to give it a shot. USNH Yokosuka is standing by to assist. In addition to offering a tobacco-free environment and tobacco cessation classes, it offers medications to help kick the habit. Used correctly, medicine can double a person's chances of quitting for good. While medicine alone can't make anyone give up tobacco, it can make quitting and nicotine withdrawal a little easier.

According to Surgeon General of the U.S. Navy Vice Adm. Adam M. Robinson Jr., a proud champion for a tobacco-free Navy, quitting an addiction is the strongest thing a person will ever do, and it starts with making the decision to not use tobacco anymore.

Once the decision to quit tobacco has been made, utilize the resources available to help along the way. For more information on tobacco cessation classes or to register for the next available class, contact Chief Paul Langrehr at 243-7137 or paul.langrehr@med.navy.mil or Hospitalman 2nd Class Jemuelle Magat at 243-5026 or jemuelle.magat@med.navy.mil.

Anyone interested in tobacco cessation medications may make an appointment with their primary care manager by going to www.tricareonline.com or calling the appointment line at 243-5352.

For online resources on becoming tobacco free, please visit these Web sites:

www.cancer.org, www.healthnetfederalservices.com,
www.cdc.gov/tobacco or www.ucanquit2.org.

EXTRA EXTRA READ ALL ABOUT IT ! HOSPITAL NEWS



“Legal” Herbal Drugs Pose Threat to Health and Career

By Lt. Cmdr. (Dr.) Gregory Jones, Family Practice

Drugs claiming to be “all natural” continue to appear on the market, tempting consumers with promises of safe and legal use. Unfortunately, the definition of all natural is not well-established and the harmful substances the drugs truly contain are not always known.

In Japan, one drug in particular that is causing concern among the military is “Spice.” “Spice” is an over-the-counter drug that is legal in Japan and is sold as an herbal smoking blend of medicinal herbs as a legal substitute for marijuana; however, an analysis by pharmaceutical companies in Europe found no such plant-like substances in the drug. Instead, the study identified synthetic marijuana-like substances. These synthetic compounds have the effect of lowering inhibitions, resulting in impaired judgment and loss of control. These effects can be especially harmful in situations where you may be vulnerable such as driving a car or in a club or bar where people may be looking for an easy target.



The “legal” herbal drug “Spice.”

Aside from putting yourself at risk for endangering your life and others' behind the wheel, or for being taking advantage of in a club, other effects of “Spice” and similar drugs can pose a serious risk to your health. These effects include paranoia, depression, anxiety, impaired memory, increased appetite, dry mouth, fast heart rate and high blood pressure. Because few human studies exist, the chronic and long-term effects of “Spice” are not well-known. It is likely that effects will be similar to long-term marijuana use such as emphysema, decreased testosterone levels and sperm counts in men, increased rates of schizophrenia, depression and the reduced ability to establish or obtain goals in life. There may also be an association with lung and head/neck cancers. Some data also suggest these “legal drugs” act as gateway drugs to dangerous agents such as cocaine and heroin. These drugs remain legal in many countries because legal systems and medical research organizations cannot keep pace with properly reviewing and banning them as quickly as they are appearing on the market.

Because of the health and safety concerns surrounding the use of “Spice,” the Secretary of the Navy, Commander, Naval Forces Japan and Commander, Fleet Activities, Yokosuka banned the use of the drug. Secretary of the Navy Instruction 5300.28D prohibits the use of substances with the intent induce intoxication, excitement or stupefaction of the central nervous system. CFAY Instruction 5830.1 specifically prohibits the purchase, use or possession of “Spice” by all members of the U.S. Navy, civilian components and family members at CFAY.

Just because a drug claims to be “all natural” or “safe” does not mean it is. Beware of these traps and remember that drug abuse and dependence, even on “natural” drugs, can cost you not only your military career, but also your health.

Parking Lots Get an Upgrade

By Jennifer Savage, Public Affairs Officer



USNH Yokosuka's patient parking lots are re-paved as a patient convenience and hospital beautification effort. Photos by Tom Watanabe.

The hospital's patient parking lots recently got a facelift as part of a hospital beautification project. The three-month, two-phase project smoothed out the pavement in the patient lots and gives the exterior of the hospital a cleaner and more professional look.

EXTRA EXTRA READ ALL ABOUT IT ! HOSPITAL NEWS



USNH Yokosuka and Host Nation Test Disaster Preparedness

By Jennifer Savage, Public Affairs Officer



USNH Yokosuka and host nation first responders attend to a simulated casualty during an annual bilateral disaster drill on Azuma Island. Drilling is an important part of ensuring medical personnel are prepared to provide the services required in a disaster situation and to test interoperability between U.S. and Japanese first responders. Photo by Richard McManus.

U.S. Naval Hospital (USNH) Yokosuka, Commander Fleet Activities Yokosuka, Japanese Self-Defense Force (JSDF) Hospital and the Japanese Maritime Self-Defense Force (JMSDF) Medical Service Unit, Yokosuka first responders conducted a mass casualty exercise November 18. The bilateral drill, which takes place annually, is an important part of ensuring medical personnel are prepared to provide the services required in a disaster situation and to test interoperability between U.S. and Japanese first responders.

"We participate in drills like this every year. They allow us to practice our own response to a disaster, and they also strengthen our ability to operate closely together with JMSDF first responders and hospital personnel," said Lt. Cmdr. John Ringquist, a USNH Yokosuka emergency physician and chair of the hospital's emergency management working group

In this exercise, a simulated fuel tank explosion occurred at the Hakozaki Fuel Terminal on Azuma Island. The simulated explosion resulted in 30 simulated casualties in varying degrees of severity.

Many of USNH Yokosuka's capabilities were tested during the exercise. After receiving the call that there were casualties on Azuma Island, the hospital launched its emergency response team (ERT), a 30-member collection and treatment unit that provides triage, resuscitation, stabilization and casualty evacuation assistance, to the site. Both the ERT and the JSDF emergency responders arrived on-island and immediately began caring for the simulated casualties.

"The bilateral coordination and planning between all the key players directly contributed to a successful exercise," said Lt. Kyle Kee, USNH Yokosuka's emergency management officer. "This demonstrates our ability to work together in the event of a true disaster."

Twelve Japanese and American patients were transported to the JSDF hospital and 18 to USNH Yokosuka for care. There, hospital staff exercised mass casualty procedures including establishing triage, medical and surgical care and patient tracking processes.

In an emergency situation, patient tracking is an especially important aspect of medical care as it ensures patients receive the specific care they need, said patient administration Leading Chief Petty Officer Letra Simmons.

"It is especially challenging during a mass casualty event because you get an influx of very serious patients all at one time," said Simmons. "The more you practice, the better equipped you are when this happens in real life."

Not only does drilling put the medical staff's emergency response skills to the test, it also sends an important message to the Japanese community that the hospital is ready and able to respond with JSDF to a disaster scenario, said Capt. Kevin Moore, USNH Yokosuka commanding officer.

"By taking part in this drill, we are showing the community that we are committed to supporting the Navy's and Japan's efforts to bring rapid humanitarian assistance to the public if ever needed," said Moore.

Welcome Back

Individual Augmentees

Choksiri, Jeeksak	HM3	Jan 7 — Oct 8, 2009	Afghanistan
Lindain, Ernani	HM1	Jan 4 — Oct 25, 2009	Afghanistan
Rhoads, Fred	HM2	Mar 29 — Oct 30, 2009	Afghanistan
Valenzuela, Fredrick	HM3	Jan 11 — Nov 1, 2009	Iraq
Rodriguez, Sergio	HM2	Mar 29 — Nov 1, 2009	Afghanistan
Catungal, Arnulfo	HM1	Apr 13 — Nov 1, 2009	Honduras
Tello, Ronald	HM2	Mar 29 — Nov 7, 2009	Afghanistan
Llanes, Davis	HM3	Jun 15 — Nov 8, 2009	Iraq
Mewes, Christian	HA	Apr 13 — Nov 9, 2009	Honduras
Avalos, Layra	LT	Mar 29 — Nov 10, 2009	Djibouti
Estrada, landave	HM2	Mar 30 — Nov 11, 2009	Afghanistan
Stein, Todd	CDR	Mar 29 — Nov15, 2009	Afghanistan
Murphy, Benjamin	HM2	Apr 15 — Nov 28, 2009	Afghanistan
Amerson, Efland	LT	Apr 15 — Nov 29, 2009	Afghanistan
Brown, William	LCDR	Apr 15 — Nov 29, 2009	Afghanistan
Locke, Jonathan	LCDR	Jul 16 — Dec 3, 2009	Iraq
Rood, Angela	LT	Aug 13 — Dec 28, 2009	Iraq

Thank you for your service.



A palace in Baghdad that once belonged to Saddam Hussein.
Photo by Hospitalman 2nd Class Valenzuela.



Hospitalman 3rd Class
Jeeksak Choksiri



Hospitalman 2nd Class
Fredrick Valenzuela
(second from the right)



Cmdr. Todd Stein

Bravo Zulu

The term Bravo Zulu comes from a naval signal meaning "well done." At USNH Yokosuka, Bravo Zulu is the term used to recognize a staff member's or a work unit's outstanding performance or support. The comments below were taken from comment forms completed by hospital visitors and staff and submitted to the customer relations department. Please join in giving these deserving members a Bravo Zulu for their hard work. Congratulations!



Hospitalman 3rd Class Ramos, Hospitalman 3rd Class Whittington, Hospitalman Hanley, Hospitalman 2nd Class Templeman and Hospitalman 3rd Class Trip from the hospital's emergency room. Photo by Kaz Watanabe.

We experienced great customer service! The corpsmen, **Hospitalman 3rd Class Whittington**, **Hospitalman 3rd Class Ramos**, **Hospitalman Barrera** and **Hospitalman Delgado**, were very efficient and friendly. Many thanks to the physician **Dr. Yue** for the time spent with my daughter.

Lt. Tillmon did an outstanding job. The child journal she gave us was a great help in planning for child birth. She immediately ordered an ultra sound to be taken when my wife had a concern about the baby's health and made me and my wife feel at ease and happy about the welfare of our soon-to-be born child.

Bravo Zulu to **Cmdr. Cleary** and **Mr. Bradbury**. Our infant daughter has a heart murmur and they both worked quickly to get her in last minute when she started looking bad. The fast work and top-notch care is greatly appreciated and deserving of recognition.



Ms. Yukiko Kawashima. Photo by Kaz Watanabe.

I received excellent service today from **Dr. Laura Carle** and her assistant **Yukiko Kawashima**. They both made me feel very comfortable while working on my teeth and I appreciate their efforts to make sure I was okay. BZ to both these fine young ladies.

Hospitalman 2nd Class Atangan did an outstanding job drawing my blood. He is courteous and nice. The whole lab clinic was great. **Hospitalman 2nd Class Cesar** was very polite, respectful and courteous. **Hospitalman 3rd Class Lynn** was great — painless when drawing blood. I enjoyed my time in the lab with **Hospitalman 2nd Class Johnson**, who was great at his job!

I would like to give a very big "thank you so much" to **Dr. Douglas Miller** from the ENT clinic. Thank you so much for my successful diagnosis and subsequent surgery that you preformed along with your staff in the operation room. **Dr. Miller** is very thorough and he treated me with my best interests in mind. He also was very kind and respectful with my family and young children when I came out of surgery and my children now know "and love to talk about" **Dr. Miller!!!** When I had to come back and visit the ENT clinic, **Dr. Miller** and his staff were very kind and courteous and willing to help with questions I had following my surgery. Thank you once again **Dr. Miller** and I hope more patients can benefit from your knowledge and procedures that help make the ease of surgery, or routine appointments, as successful as you have made my experience.

Dr. Iizuka's customer service is outstanding. He went above and beyond, making sure that I was treated for an injury from a recent deployment. He is patient and understanding with sound clinical judgment. Please see that he is recognized for his unfailing service to his patients. Thank you!

Hospitalman Recruit Spencer's was great.



Ms. Martha Perez. Photo by Kaz Watanabe.

Ms. Perez, I just wanted to let you know how much I appreciate your "beyond the call of duty" customer service. Thank you.

Bravo Zulu



Mr. Mark Hammel. Photo by Kaz Watanabe.

Mr. Hammel has been a great help to me to get my PHA done. I'd also like to thank the PHA staff members who personally called me to finish the PHA process. Thank you!

Hospitalman 1st Class Mason and **Ms. Ventura** were very helpful. The service was excellent. They were very professional. I wish the fleet had more customer service portrayed today.

Hospitalman Recruit Spencer was great. His bedside manner was amazing.

Hospitalman 1st Class Alicdan and the personnel conducting my IV were all excellent, displaying the height of care, smartness and professionalism. Thank you, thank you – you are the brightest spirit of our nation.

Hospitalman Timmons is an excellent sailor whose customer service skills are superb. He is a first rate sailor who is a rising star in the Navy.

Outstanding service from **Hospitalman Apprentice Lin. BZ.**



Lt. Ewy, Hospitalman 2nd Class Akano and Hospitalman Ragsdale. Photo by Kaz Watanabe.

I was very impressed and pleased with the overall team effort during my recent stay at Naval Hospital Yokosuka Japan. The combined efforts of all the OR personnel, **Lt. Ewy, Hospitalman 2nd Class Akano and Hospitalman Ragsdale**, preparing for my surgery on October 14 was great. The in-patient service and after care by all personnel in ward 5B was commendable, many thanks to all. Specific recognition should be given to RN staff on both shifts and **Dr. Stonum**.



Ms. Aretha Fulwood. Photo by Kaz Watanabe.

I just wanted you to be aware of my feelings toward your staff. They are very professional, helpful and empathetic. I have always left there with a smile. They are all so nice, especially **Ms. Reynolds, Ms. Fulwood, and Hospitalman 2nd Class Womack**. I have been a military spouse for 20 years and believe me it is rare to see a staff such as yours. Thank you.

Cmdr. Mallari rocks with **Lt. Cmdr. Okialda, Lt. Foster** and **Ens. Parker**. They made us feel very important with how they dealt with us. Thank you, thank you! Thank you! The entire staff of 5B is all courteous and helpful. Everybody showed professionalism and the willingness to help in every way they can. With our 5-month-old daughter being admitted, that brings about a “not-so-pleasant” feeling – but with the care given to us by the doctors, nurses, chaplain and the corpsmen made the whole ordeal easy to deal with. Again, thank you 1,000 times! Oh, did we say **Cmdr. Mallari** rocks?!?

Hospitalman 2nd Class A. Johnson in the laboratory was my phlebotomist. I came in explaining my labs are very difficult to draw. I was put immediately at ease by his professional and concerned manner. I could tell he listened to my concerns and took extra care to my blood draw needs. He quickly was able to collect my labs with minimal difficulty, and I will request him each time I need another lab drawn. He is an asset to the Yokosuka medical community.

Information Systems Technician 2nd Class Fulton Wright provided exceptional service to the industrial hygiene department by providing assistance in generating a process flow chart. His expertise with computer programs aided in the development of the chart and allowed the introduction of a clear and concise representation of the new process. His positive attitude and pleasant demeanor made the working process exceptional.

Hospitalman 3rd Class Brookman went above and beyond to get my family in CHCS for overseas screening appointments. I really appreciate all of his help.

Get to Know... the USNH Interns

Name: Dr. Keiko Hasegawa

Hometown: Chiba Prefecture

What did you do prior to coming to USNH Yokosuka?
I worked at Yokosuka General Hospital as a pulmonary fellow.

Why were you interested in the intern program at USNH Yokosuka? I've been very interested in the U.S. medical system and training. Also, I want to develop my communication skills in English.

What do you hope to learn from this program?
I'd like to learn medicine, a different medical system and international communication skills. I'd like to enjoy Naval hospital life, too.

Where do you see yourself in ten years?
I want to contribute to teaching and developing respiratory care.

Please tell us one of your hobbies:
My hobby is playing the piano.

Photo by Tom Watanabe.



Name: Dr. Shinji Ito

Hometown: Yokohama

What did you do prior to coming to USNH Yokosuka?
I used to work in Fukuoka.

Why were you interested in the intern program at USNH Yokosuka? It is close to my hometown and it gives me a chance to learn medical English and American medicine.

What do you hope to learn from this program?
How to communicate with people in the hospital.

Where do you see yourself in ten years? Maybe in Japan, after doing a residency in the U.S.

Please tell us one of your hobbies:
I like swimming and karaoke.

Photo by Tom Watanabe.



Get to Know... the USNH Interns

Name: Dr. Kumi Yuuki

Hometown: Nagoya, Japan

What did you do prior to coming to USNH Yokosuka?
I worked part-time for a Japanese geriatric hospital.

Why were you interested in the intern program at USNH Yokosuka? The main reason I came here is to get medical training in Western-style medicine in an environment where English is spoken. I'm planning to apply to a medical residency in psychiatry or family medicine in the U.S. in the near future.

What do you hope to learn from this program?
I'd like to know the differences between American and Japanese medicine more and gain medical language skills in English.

Where do you see yourself in ten years?
I will be working in Japan as a Japanese physician.

Please tell us one of your hobbies:
Swimming, watching movies and playing with kids!



Photo by Tom Watanabe.

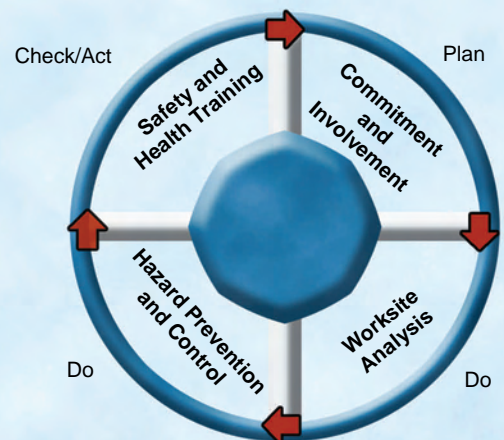
Drawing Your Attention to Voluntary Protection

By Bill Heath, Safety Manager

Voluntary protection is something we may hear a lot about in the hospital environment, but what does it really mean? Let's start with voluntary, which means of our own free will. Next is protection, meaning to preserve as long as possible.

Look at the circle to the right. Notice the four quadrants: management and employee commitment and involvement, analysis, prevention and control, and training. These are the four areas that must be addressed to achieve progress in voluntary protection. Many of you will note that we already address these areas in our day-to-day duties in our workplace.

Basically, what I have just described is the Voluntary Protection Program (VPP), a program sponsored by the Occupational Safety and Health Administration (OSHA) that the hospital is participating in that promotes effective worksite-based safety and health. By participating in this program, we are not adding more work. Instead, we are just doing what we always do, with a little more care for efficiency and effectiveness. If we continue our safety practices, we may be the first Bureau of Medicine and Surgery (BUMED) hospital to be recognized for excellence in safety by OSHA, and that's something of which we can all be proud. So, keep up the good work, continue to grow a culture of safety in USNH Yokosuka and help us to reach this goal. Be alert, aware and active to voluntarily protect.



Awards and Promotions



LT Christine Beguin.



HM1 Brian Kelly, HMC Alfred Robinson and
HMCM Pete Villanueva.



HM3 Nelson Marquez and HM3 Christian
Mewes.

Awards

HM3 Buam	FLOC
HN Vann	FLOC
HM3 Ast	LOC
HM1 Anderson	NA
HM1 Figueroa	NA
HM1 Kelly	NA
HM2 Cody	NA
HM2 O'Dell	NA
HM2 Simms	NA
HM3 Garcia	NA
HM3 Kanode	NA
HM3 Sapaden	NA
HMC Penamenjivar	NA
LT Beguin	NA
LT Orzechowski	NA
CMDR Copenhagen	NC
HMC Robinson	NC
HMCM Villanueva	NC
HMCS Rio	NC
LCDR Johnson-Gardner	NC

Promotions

CAPT Rahal	HM2 Ko
CDR Carver	HM2 Lane
CDR Chhieng	HM2 Sapaden
LCDR Brock	HM2 Winfield
LCDR Foster	HM2 A Wokeme
LCDR Lin	HM2 R Wokeme
LCDR Veenhuis	HM3 Arlequin
HM1 Barrera	HM3 Boham
HM1 Bethel	HM3 Borseth
HM1 Brown	HM3 Brown
HM1 Greer	HM3 Fackender
HM1 Kraikoom	HM3 Hevener
HM1 Ramento	HM3 Hugo
HM1 Schalker	HM3 Hunt
HM1 Walker	HM3 Jeffreys
HM1 Zeno-Pimentel	HM3 Marquez
HM1 Garcia	HM3 McDonough
HM2 Brown	HM3 Mewes
HM2 Canales	HM3 Miller
HM2 Elahee	HM3 Richards
HM2 Elie	HM3 Rider
HM2 Fernandez	HM3 White
HM2 Fotu	HM3 Zabala
HM2 A Johnson	
HM2 K Johnson	

Holiday Happenings

Branch Health Clinic Chinhae Supports Local Orphanage

By Lt. Shawn Spooner, BHC Chinhae



Staff from BHC Chinhae celebrate the holidays with children from the Jinhae Jaehwalwon Rehabilitation Center. Photo by Lt. Spooner.

Each year, Branch Health Clinic (BHC) Chinhae sponsors a local special needs orphanage for disabled children in Chinhae, Korea. This year, clinic staff visited the orphanage, distributed treats to the children and enjoyed spending time interacting with the little ones. Santa Claus also joined in the fun, spreading holiday joy and cheer to these very special children. The director of the Jinhae Jaehwalwon Rehabilitation Center, Park Myeong-won, thanked the clinic for not forgetting the children and showing love for the community. This annual project, sponsored by the clinic, is a great way for the clinic to help enhance community relations between the U.S. military at Commander Fleet Activities Chinhae (CFAC) and the local community.

Quarterdeck Holiday Display

By Jennifer Savage, Public Affairs Officer



Christmas tree on the quarterdeck. Photo by Richard McManus.

The scents and scenes of Christmas swept through the quarterdeck in December, spreading holiday cheer to beneficiaries and hospital staff. A live Christmas tree, decorated in hospital fashion with medical supplies, filled the quarterdeck with its fresh pine scent and a holiday village featuring gingerbread houses, ice skaters, sledding and plenty of snow brought joy to those passing through especially little ones.

Branch Health Clinic Iwakuni Staff Extend Thanksgiving Spirit to Local Japanese Children

By Chief Edwin Guingab, BHC Iwakuni



BHC Iwakuni staff share the story of Thanksgiving with Japanese children. Photo by Chief Guingab.

Seven staff members from Branch Health Clinic (BHC) Iwakuni took part in a Thanksgiving dinner served to local Japanese children in Waki town near Iwakuni City on November 28. The evening started with board games while dinner was being prepared. Hospitalman Cang Nguyen and Hospitalman Chue Her shared with the audience of 13 Japanese children and their teacher, Hiroko-san, the history of the American Thanksgiving. Later, parents joined the group to enjoy a turkey and ham made by BHC Iwakuni's Chief Edwin Guingab and his wife. Guingab's daughter, Jessa, baked three other Thanksgiving favorites, yams, cranberry cupcakes and mashed potatoes. To share some Japanese culture with the clinic staff, Hiroko-san prepared some Japanese delicacies and drinks.

One highlight of the occasion was when Hospitalman 1st Class Joseph Freitas opened up the turkey and ham for carving and fascinated the locals with the sight. One of the children joyfully shouted "big chicken!" in Japanese, which many attendees found cute and entertaining.

In the end, the parents and the children were very appreciative of the kind gesture that clinic staff had given them. The dinner increased their awareness of American culture and traditions and fostered a positive relationship with the local community.

Special Events

BHC Chinhae Sponsors Haunted House

By Lt. Shawn Spooner, BHC Chinhae



Children dressed in costume wait to tour Commander Fleet Activities Chinhae Haunted House. Photo by Lt. Spooner.

Branch Health Clinic Chinhae sponsored the annual Commander Fleet Activities Chinhae (CFAC) haunted house. Clinic staff spent one week preparing. The event was free of charge and open to all U.S. and Republic of Korea (ROK) military and their families, as well as many sponsored civilian groups from the surrounding area. The clinic sponsored the children from one of the local Chinhae orphanages, allowing them to trick-or-treat with the children of CFAC and experience the haunted house. More than 400 people attended the event including approximately 300 local Korean sailors and their families. This event has become an annual project sponsored by the clinic and has done much to build community relations between the U.S. military, ROK military and surrounding community.

Core Facility Hosts Haunted House

By Richard McManus, Public Affairs

U. S. Naval Hospital (USNH) Yokosuka sponsored its first-ever haunted hospital October 30. Planning and creating the scare zone was challenging, but fun.

The hard work of the command recreation committee and its volunteers, along with the cooperation of materials management, made the haunted hospital a huge success, drawing nearly 800 scare-seekers.



A scene from USNH Yokosuka's haunted hospital. Photo by Marie Moore.

Commander, U.S. Pacific Fleet, Tours USNH Yokosuka

By Jennifer Savage, Public Affairs Officer



Adm. Walsh greets Lt. Roldan during a tour through the hospital's laboratory. Photo by Tom Watanabe.

Adm. Patrick Walsh, Commander, U.S. Pacific Fleet, and his wife toured USNH Yokosuka on November 3. The tour included stops in the labor and delivery ward and the laboratory, where staff discussed the hospital's H1N1 testing capability and its frozen blood program.

Special Events

Hospital Hosts American Red Cross Leaders

By Jennifer Savage, Public Affairs Officer



Master Chief Sheridan, Shirley Hines-Atkins, Deanna Swanier, Capt. Moore, Lawson Hughes, Capt. Knoop and Cecil Goodman gathered at USNH Yokosuka to discuss American Red Cross services throughout Japan and Korea. Photo by Tom Watanabe.

On October 22, Capt. Moore, Capt. Knoop and Master Chief Sheridan hosted Deanna Swanier, Senior Director for Service Delivery, Service to the Armed Forces for the American Red Cross, Shirley Hines-Atkins, National Chairman, Service Delivery, Service to the Armed Forces for the American Red Cross, Lawson Hughes, Korea Regional Manager, Service to the Armed Forces for the American Red Cross and Cecil Goodman, American Red Cross Station Manager, at USNH Yokosuka. The group briefly toured the facility and discussed current and future initiatives impacting Red Cross service delivery across Japan and Korea.

Host Nation Employees Recognized at Length of Service Ceremony

By Jennifer Savage, Public Affairs Officer

Nine hospital master labor contract (MLC) employees were recognized for ten years of service and ten MLCs were recognized for 20 years of service at the MLC Length of Service ceremony held October 22 at the Yokosuka City Culture Hall. Congratulations to Eriko Perks, Harumi Yokoyama, Sachi Kuroki, Yoshiko Saito, Manami Aoki, Chie Hoshino, Tomoko Ozawa, Kaoru Oota, Tooru Ookubo, Katsuo Konno, Takashi Aoyama, Tetsuya Muramatsu, Rie Stirling, Mieko Sato, Hirokazu Moritomo, Hiromi Kanno and Yumiko Kobayashi. Thank you for all you have done and continue to do for USNH Yokosuka!



Capt. Moore with hospital master labor contract (MLC) employees recognized at the MLC Length of Service ceremony. Photo by Tom Watanabe.

Holiday Party a Hit

By Jennifer Savage, Public Affairs Officer



Top: Hospitalman 1st Class Lajuana Bethel, Lt. Nicole Williams, Anna Akinloba and Kim Hanson. Bottom left: Dickie Fotu and Hospitalman 2nd Class Adriana Fotu. Bottom right: Lt. Kyle Kee and Lt. Michelle Kee. Photos by Anna Akinloba.

On December 5, more than 300 hospital staff members gathered at the New Sanno Hotel in Tokyo for the command's annual holiday party. In addition to dinner and dancing, the evening's entertainment included a scavenger hunt for all third class petty officers and below, an appearance by Hospitalman 1st Class Brown as Santa Claus and a performance by Hospitalman 2nd Class Akinloba and Lt. Sood as Lil John and Frank Sinatra, respectively. Door prizes included a 40-inch television with DVD player, games for the Nintendo Wii, a Nintendo DS, a laptop computer, an Xbox 360, a PlayStation 3, digital cameras and wireless MP3 players. Although the traffic to and from the party was challenging, as was the weather, the party turned out to be a great success. Thanks to all those whose hard work made the party possible!

Ombudsman

The Ombudsman

The ombudsman is a spouse of an active duty or selected reserve command member. The ombudsman supports the command mission by providing communications, outreach, resource referral, information and advocacy for command families. The ombudsman serves as the liaison between command families and the command and keeps the commanding officer informed regarding the general morale, health and welfare of the command's families. (OPNAVINST 1750.1F).

Code of Ethics

1. Support the command's mission.
2. Work within the chain of command as directed.
3. Maintain confidentiality.
4. Maintain the highest standards of professionalism.

Reportable Issues

1. All suspected child abuse/neglect.
2. Alleged domestic abuse.
3. Suspected/potential homicides, violence or life-endangering situations.
4. All suspected/potential suicidal risks.
5. Issues identified by the commanding officer as reportable.

I AM AN OMBUDSMAN

*I am not a crutch,
But I can support you*

*I am not a counselor
But I know one*

*I am not a taxi driver
But I can steer you in the right direction*

*I am not a rescuer
But I can help save lives*

*I am not a babysitter
But I can refer you to a caregiver*

*I am not a gossip
But I am a great listener*

*I am not an enabler
But I can provide tools to empower you*

*I am not a master of anything
But I know many experts who understand your needs*

*I am not a recreation or health specialist
But I am concerned about your morale, welfare and health*

*I am not a busybody as I've been called
But I am an official command representative*

*I am a Navy family ombudsman
And I am of service to you, the Navy family*

U. S. Naval Hospital Yokosuka's Ombudsmen



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WESTPAC Medical Alliance

Overview of the WESTPAC Medical Alliance

By Jennifer Savage, Public Affairs Officer

In support of the forward deployed forces in the Western Pacific, U.S. Naval Hospital (USNH) Guam, USNH Okinawa and USNH Yokosuka formed the WESTPAC Medical Alliance (WPMA), a partnership to identify efficient, patient-centered solutions for health care support. This is done by incorporating all three hospitals' assets across the Pacific to develop enhanced services.

The outcome of the Alliance is patient and family-centered care programs that improve the military community. Some WPMA initiatives are sharing personnel with unique specialties that may not be available at one of the other military treatment facilities (MTFs), sharing resources to manage short-term staffing shortages at a facility, consolidating staff education and training and enhancing regional disaster preparedness and responses.

These cooperative efforts mean better health care for all patients and commands. The WPMA offers several potential advantages. It allows consultants to be shared among the three WESTPAC facilities and it reduces the need to move patients, allowing them to remain closer to home and social support networks. The partnership also yields higher satisfaction for patients, families and commands by decreasing travel and per diem costs.

Finally, the WPMA allows active duty patients a quicker return to duty, provides more training opportunities for specialists assigned to WESTPAC MTFs and improves hospital staff satisfaction.



WESTPAC Hospitals Depend on Patient Input

By Sarah Carey, Customer Relations, USNH Okinawa

In June, U. S. Naval Hospitals Okinawa, Yokosuka and Guam launched a two-phase project to collect qualitative feedback regarding the needs and wants of beneficiaries.

The first phase of the project included one-on-one patient interviews in various departments within the military treatment facilities (MTF) of the WESTPAC Medical Alliance (WPMA). A total of 99 confidential patient interviews were conducted by department customer relations representatives. Interviewed patients reported the desire for timely service and professional staff members who administer personal attention. Patients also indicated they want friendly staff members who listen and communicate effectively and give thorough explanations about their diagnosis and treatment.

In February 2010, the WPMA will launch the second phase of the project by conducting focus groups at each MTF. These focus groups will provide the WPMA with unfiltered, unbiased comments from a segment of the beneficiary population. Based upon the data collected from both phases of the project, the WPMA will gain insight into how to better serve customers.

Kenko Shimbun

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BHC Sasebo



BHC Iwakuni



BHC Chinhae



BHC Diego Garcia



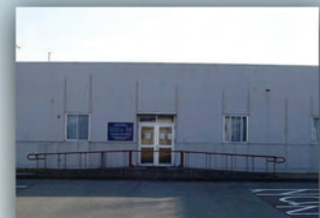
BHA Hario



BHA Yokohama (Negishi)



got news?



BHA Camp Fuji

If you would like your newsworthy event covered, please contact the USNH Yokosuka Public Affairs Office at 243-7194 or 243-9968. To ensure coverage, do not wait until the day of the event. Give us a call now!